



Connecting With Athletic Trainers and Physical Activity Resources

Agenda

1. Referring to Seattle Children's Hospital
2. Referring to physical activity programs
3. Where to send kids when they need more PA
4. Latest rules on concussion
5. The Athletic Trainer at your school

Referring to Children's Hospital

- Orthopedics and Sports Medicine - 206-987-2109
- Concussion Visit- 206-987-2109
- General Line- 206-987-2000
- Child Abuse/Neglect- 206-987-2194
- Odessa Brown- 206-987-7210
- Non-English speaking - 866-583-1527

Physical Activity Programs

- Willie Austin Foundation- 206-295-2933
- YMCA- 206-382-5000
- Boys and Girls Club- 206-324-7317
- Swimming Pools-
<http://www.seattle.gov/parks/pools.asp>
- Bike Works- 206-725-9408
- Cascade Bicycle Club- 206-522-3222
- Healthy Schools Washington-
www.healthyschoolswa.org

Concussions and MTBIs

- Signs
- Symptoms
- No return to physical activity with symptoms (PE)
- Refer after 5 days
- No medications for 48 hours
- Cognitive Rest
- Student-Athlete protocol

What Can Trainers Do?

- Assist with orthopedics and concussions
 - Athletes and non-athletes
- Open lines of communication during school and after
- Emergency Action Plans for all athletic fields and buildings
- AED questions

Who is Your Trainer?

- **Ballard** Loka Murphy 206.375.7510 loka.murphy@seattlechildrens.org
- **Chief Sealth** Kristin Chase 425.293.2608 kristin.chase@seattlechildrens.org
- **Cleveland** Andrew Little 509.953.2134 andrew.little@seattlechildrens.org
- **Franklin** Emilee Mackey 425.737.0132 emilee.mackey@seattlechildrens.org
- **Garfield** Carmay Jones-Isaac 253.880.8848 carmay.jonesisaac@seattlechildrens.org
- **Ingraham** Antonio Gudino 505.319.6378 antonio.gudino@seattlechildrens.org
- **Nathan Hale** Erin Yingling 717.578.7390 erin.yingling@seattlechildrens.org
- **Rainier Beach** Tilden Keller 206.518.4638 tilden.keller@seattlechildrens.org
- **Roosevelt** Leslie Rodriguez 253.732.1209 leslie.rodriguez@seattlechildrens.org
- **West Seattle** Charles Liggett 253.670.2425 Charles.liggett@seattlechildrens.org

Who to Contact with Questions

Tara Peerenboom 425.941.4874

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Do You Have a Favorite Physical Activity Resource?

- Community Centers
- Sierra Club led programs
- Street Yoga
- Getting instructors for classes like Zumba to your school

Bulletin Board Suggestion

- This month's topic is immunizations:

http://www.seattleschoolbasedhealthcenters.org/?page_id=515